

Life With Your Pacemaker



Normal Function

- Your pacemaker produces tiny pulses of electricity to keep your beating regularly. You will not feel this small electrical signal.
- Your pacemaker might speed up more when it detects you moving. A range of heart rates is very normal as long as you feel well.
- Paced heart beats may not always be detectable by external equipment. It is normal to have differences between your pacemaker settings and heart rates reported by a blood pressure cuff, oximeter, or smart watch.
- Your pacemaker may settle in time and move slightly from where it was first implanted. **Do not touch or rub your device** where it sits under the skin.

Electronic Equipment

- **Most modern household equipment will not interfere** with your pacemaker. Check with your device's vendor for specific guidance.
- **Cell phones should be kept at least 6 inches away from your pacemaker.** This is true for any items with electronic circuits or magnets.

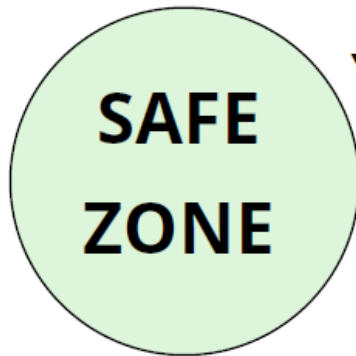
Dental and Medical Equipment

- **Notify your medical and dental professionals that you have a pacemaker.** Procedures like surgery or other medical treatments can affect the way your pacemaker works.
- **MRIs are possible** with many modern pacemakers, but they do require extra planning. Let your team know you have one, and the pacemaker and medical imaging teams will make the necessary arrangements.
- **Do not use TENS or "Dr. Ho's"** machines, or any equipment that will put an electrical current through your body.

Travel

- **Keep your wallet card** with you.
- **Inform security personnel** that you have a pacemaker. Most modern security screeners are safe for your pacemaker. However, do not allow a security wand to be held over it.

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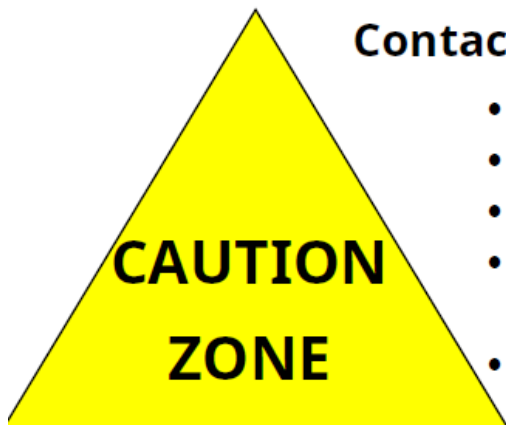


Your device is working appropriately if:

- You have normal levels of energy, whatever that is for you.
- You haven't fainted or lost consciousness.
- Your incision is well-healed.
- Your device clinic hasn't contacted you with concerns.

It is normal to have:

- a range of heart rates.
- some mild discomfort or itching at the incision site after implant.
- occasional palpitations or skipped beats, if you feel well otherwise.
- your smart watch report different heart rates than your pacemaker.



Contact your doctor and notify your clinic if:

- Your incision is red, swollen, oozing or very painful.
- You have a fever in the week after implant.
- You have new dizziness or lightheadedness.
- You have new shortness-of-breath or fatigue ***but you are still able to do your daily activities.***
- You have uncomfortable hiccups.



Call 911 or go to your nearest emergency room (do not drive yourself) if:

- You have crushing chest pain.
- Your incision opens or parts of your device are visible.
- You faint or lose consciousness.
- You have new shortness-of-breath, lightheadedness or fatigue that is ***severe and constant.***

Never allow anyone except a Cardiac Device physician or surgeon to insert a needle or scalpel near your device.